

PARKING

Parking is available in several lots with free shuttles to transition.

- **LOT 1:** Lake Placid Fire Department near the corner of Old Military and Mill Pond Dr.
- **LOT 2:** Lake Placid Elementary on Old Military Rd, near Station St.
- **LOT 3:** WesValley Rd, off Saranac Ave near Cummings Rd.

Shuttles run from 4:30 AM on Sunday to 1 AM on Monday. The shuttle drop-off is on Cummings Road, between Olympic Center and the Oval, 1/4-mile to Main Street. This location is also where the shuttles will pick-up to take athletes and spectators back to the above lots.

ALTERNATE ROUTES

EXPECT DELAYS

LAKE PLACID TO JAY From Saranac Ave/Route 86, go left at Main St at the High Peaks Resort to Mirror Lake Dr. Left on Northwood Rd. Left on Cobble Hill Rd. Left on Route 86 to Wilmington. Right on Route 86 to Jay. Expect delays from 8 AM to 6 PM.

AUSABLE FORKS TO WILMINGTON North on Main St at Stewart's to stop sign. Left on Guideboard Rd. Bear left at fork to Silver Lake Rd. Left on Bonnieview Rd to Wilmington. Expect delays at intersection.

AUSABLE FORKS TO SARANAC LAKE/LAKE PLACID North on Main St at Stewart's to stop sign. Left on Guideboard Rd. Bear left at fork to Silver Lake Rd. Left on Union Falls Rd to Route 3. Left on Route 3 to Saranac Lake. In Saranac Lake take Route 86 East to Lake Placid.

AUSABLE FORKS TO KEENE Route 86 West, crossing Jersey Bridge to Sheldrake Rd. Right on North Jay Rd (County Route 64). Left on Valley Rd (County Route 58). Right on Trumbulls Corner Rd. Left on Route 9N South to Keene. Expect delays.

SARANAC LAKE TO I-87 SOUTHBOUND Route 3 West to Tupper Lake. Route 30 South to Long Lake. Route 28N to Newcomb. Route 2 East to Exit 29 on Route I-87 or Route 28N to Warrensburg.

POINTS SOUTH ON ROUTE I-87 TO LAKE PLACID Going northbound on Route I-87 take Exit 29 to Route 2 West to Route 28N. Turn right on Route 28N to Newcomb. Route 28N to Long Lake. Right on Route 30 to Tupper Lake. Right on Route 3 East to Saranac Lake. Take Exit 30 towards Keene. Follow route 9N to Rt 73. Expect delays at Keene.

POINTS NORTH ON ROUTE I-87 TO LAKE PLACID Going southbound on Route I-87, take exit 31 to Route 9N North. Route 9N North to Elizabethtown. Route 9N North to Route 73. Right on Route 73 to Keene. Expect delays at the intersection in Keene.

KEENE TO LAKE PLACID Route 73 westbound lane open. Access Village of Lake Placid via Old Military Rd.

LAKE PLACID TO WILMINGTON/AUSABLE FORKS/I-87 NORTHBOUND From Saranac Ave/Route 86, go left at Main St at the High Peaks Resort to Mirror Lake Dr. Left on Northwood Rd. Left on Cobble Hill Rd. Left on Route 86 to Wilmington. Straight through intersection on Bonnieview Rd (County Route 19). Right on Silver Lake Rd and follow detour arrows to Ausable Forks. Expect delays in the Village of Lake Placid and in Wilmington from 8 AM to 6 PM.

SCHEDULE OF EVENTS

THURSDAY, JULY 20

- 9 AM to 5 PM IRONMAN Village
- 9 AM to 5 PM IRONKIDS Dip-n-Dash & Fun Run Registration & Packet Pick-Up
- 9 AM to 5 PM Official IRONMAN Store

FRIDAY, JULY 21

- 9 AM to 1:30 PM IRONKIDS Dip-n-Dash & Fun Run Registration & Packet Pick-Up
- 9 AM to 5 PM IRONMAN Village
- 9 AM to 5 PM Official IRONMAN Store
- 2 PM IRONKIDS Dip-n-Dash & Fun Run
- 6:30 PM to 7:30 PM Welcome Ceremony

SATURDAY, JULY 22

- 7:30 AM to 9:30 AM Free Pancake Breakfast
- 9 AM to 3 PM IRONMAN Village
- 9 AM to 3 PM Official IRONMAN Store

SUNDAY, JULY 23

- 4:30 AM to 6 AM Shuttle from Lots to Behind High School/Transition
- 6:25 AM Pro Men Start
- 6:27 AM Pro Women Start
- 6:30 AM Age Group Rolling Start
- 9 AM to 5 PM Official IRONMAN Store

MONDAY, JULY 24

- 7 AM to 10 AM Official IRONMAN Store
- 8:30 AM to 9:30 AM Celebration Day Breakfast at Horse Show Grounds
- 9 AM Awards Ceremony & 2023 VinFast IRONMAN World Championships Slot Allocation/Rollout Ceremony at Horse Show Grounds



2023 SPECTATOR GUIDE



JULY 23, 2023





We welcome you to the 2023 Athletic Brewing Ironman Lake Placid. Over the course of 17 hours on Sunday July 23, athletes will be racing throughout the community. The routes were chosen to highlight the various areas that fully showcase the unique setting of Lake Placid. Having hosted two Olympic Games, this charming town knows how to deliver a world-class athletic event while also maintaining a family-friendly environment.

ACTIVITIES

BRING HOME A PIECE OF THE ADIRONDACKS: This area is filled with shops and is worth exploring. You're sure to find something you just can't leave behind. Strike up a conversation with the locals and don't forget to ask for an insider tip or local recommendation to complete your stay in Lake Placid.

WHITEFACE VETERANS' MEMORIAL HIGHWAY: Take the Whiteface Veterans' Memorial Highway to the top of Whiteface Mountain, New York's fifth-highest peak. This won't be your typical drive. The road will lead you directly to the summit of the mountain. Enjoy gorgeous views spanning hundreds of miles.

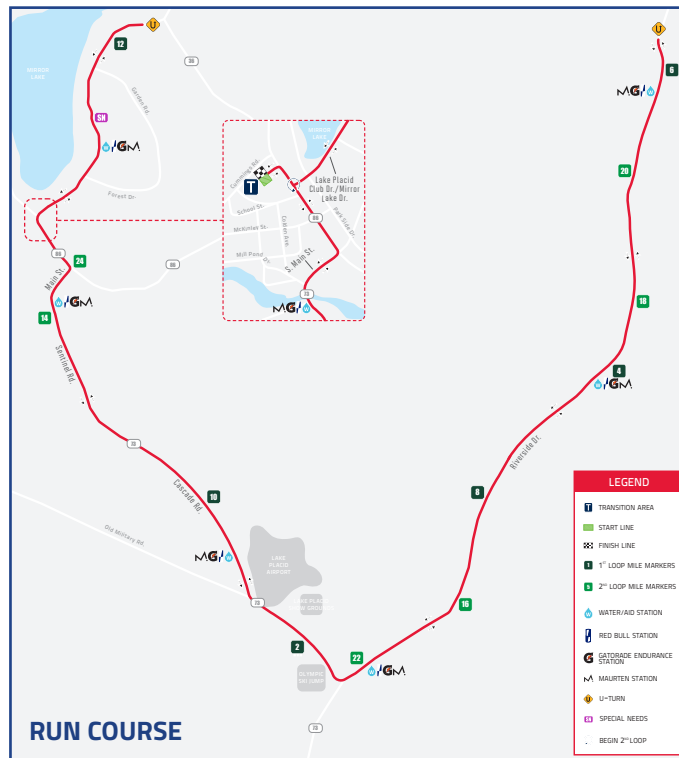
HIGH FALLS GORGE: Just a short trip up I-87, High Falls Gorge is fun for the whole family. Visitors can view 4 majestic waterfalls, hike the nature trail, mine for gemstones and grab a bite to eat at the River View Cafe.

HIKING: Hiking is a popular outdoor activity in Lake Placid. Enjoy family-friendly trails such as Cobble Hill, or challenge yourself on the Adirondack's 46 High Peaks.

BOAT RENTALS: Conveniently located in the middle of town, Mirror Lake Boat Rentals offers several ways to get out on the water.

RESTAURANTS

SMOKE SIGNALS 2489 Main St 4 PM to 9 PM	LISA G'S 6125 Sentinal Rd 11:30 AM to 10 PM	'DACK SHACK 2099 Saranac Ave 11 AM to 9 PM
MAIN ST PIZZA 2673 Main St 12 PM to 11 PM	THE COTTAGE 77 Mirror Lake Dr 11:30 AM to 10 PM	DANCING BEARS 2404 Main St 7 AM to 10 PM
LAKE PLACID PUB & BREWERY 813 Mirror Lake Dr 11:30 AM to 2 AM	BIG SLIDE 5686 Cascade Rd 11:30 AM to 9 PM	



TRACK YOUR ATHLETE:

To follow your athlete's progress, download the IRONMAN Track App to your smartphone.



Lake Placid Club Dr (near the Lake Placid Club Resort Entrance), Parkside Dr (by the Beach House) and the carpeted section of Lake Placid Club Dr (near Town Hall).



Colden Ave (Main St side), Main St (near the Post Office), and River St (near Route 73 and Lake Placid Club Dr). Papa Bear Hill climbs into town at the intersection of Rt 86 and Northwood Rd. The Tour de France-like atmosphere there is riveting.



Main St, Lake Placid Club Dr, Cascade Rd (Route 73) and finish line in the Olympic Oval. Spectators can see their athlete multiple times throughout the run along the shores of Mirror Lake.



Lake Placid's Olympic Speedskating Oval will serve as the transition and finish line area. Located at Main St (at the south end of the ORDA Skating building) and Cummings Rd (west of ORDA Box Office toward the high school). The finish line will close at midnight, so the final hours are very inspirational and worth staying for!